

Criteria Menu #2

Participate in the American Heart Association's physical activity and community service program, Jump Rope for Heart or Hoops for Heart.



Definition: Jump Rope for Heart and Hoops for Heart teach elementary students the importance of staying fit and contributing to their community. By securing sponsors, then jumping rope or shooting hoops, students earn money to fight America's battle with heart disease and stroke. While participating in this program students learn the seriousness of heart disease and stroke and how they can keep their heart healthy.

Resources

American Heart Association

Cassidie Fenton
cassidie.fenton@heart.org
801-484-3838

Jump Rope for Heart

<http://www.americanheart.org/presenter.jhtml?identifier=2360>

Hoops for Heart

<http://www.americanheart.org/presenter.jhtml?identifier=2441>

Assignments

School Coordinator Assignments

- Schedule a day for the event
- Sign your school up at either of the Web sites listed above
- Advertise and promote the event
- Help plan the event

Mentor Assignments

- Make posters/flyers to promote the event
- Help plan the event
- Attend the event
- Write a description for the mid-year and end-year reports



Criteria Menu #2 Ideas

- Get parents involved; make sure they know about the event
 - Send home a flyer
- Invite college athletes to attend
 - Have them participate and talk about the importance of physical activity
- Showcase different jump rope tricks
 - Double dutch, rope tricks while jumping, etc.
 - Have a group of students who love to jump rope put on a show
- Showcase different basketball tricks
 - Dunking, dribbling tricks, etc.
- Have a contest between classes, grade levels

Jump Rope/Hoops for Heart Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event



Jump Rope/Hoops for Heart Description

Green Meadow Elementary participated in Jump Rope for Heart on January 20. The school sent letters to parents to inform them of the event and encouraged them to participate. Teachers told students about the program and the fundraiser. The principal asked local businesses to donate food, and prizes. Smith's donated apples and oranges for all that participated. Prizes were purchased for the top fundraisers. The school coordinator hung signs throughout the school to encourage students to participate in Jump Rope for Heart. On the day of the event students who had sponsors gathered in the gym to jump rope. To encourage participation music was played, prizes were given, and healthy treats were distributed.